

LYNN COUNCIL ON AGING SENIOR CENTER



December 2015

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

O... O... Ohhh, Tidings of comfort and joy! Comfort and joy! Rest ye merry everyone, let nothing be dismay, bring a smile and dance with us and enjoy the holidays!

If there was one thing I would pick that I absolutely enjoy; it would be brightening the holidays for you at the senior center. It takes our staff over a week to decorate. I don't know how many trips downstairs, how many crates, how many totes, how many boxes or trips to buy more batteries, fuses, or suction cups! It is all worth it! We splash every square foot with something festive. We deal with the bah hum bugs. We count chairs. We plan place settings. We argue over who tangled the lights! We map out extension cords and review the schedule of songs. We rack our brains because we think we forgot something even though we have our task list from the previous year. We're so excited to greet you for the holiday party the day of, at that point we know no matter what it's going to be a fun event. If we survived last year's snow and the tropical storm on the BBQ, then we've got gladiator status. Find your jingle bells, fluff your spirit and see you at the senior center for our holiday events! Have a peaceful holiday season. Merry Christmas, Happy Hanukkah, Blessed Kwanzaa, and Feliz Navidad!

~Stacey Minchello



From Your Mayor

I hope this winter greeting finds you well. As the holiday season quickly approaches, this time of year presents us with the opportunity to enjoy some quality time with family and friends, especially those we may not see as often.

To help us get in the holiday spirit, there will be a tree lighting ceremony at the top of the Commons on Tuesday, Dec. 1 starting at 5 p.m. Lynn Public Schools Chorus will be leading the crowd in song during the lighting, while the Lynn Public Schools Band will perform on the City Hall steps prior to a screening of the movie "Arthur Christmas" in the Lynn Auditorium. The events are free and I hope to see some of you that evening.

There will be special performances of the Greater Salem Ballet Company's Nutcracker at the Lynn Auditorium on Saturday, Dec. 5 at 1 p.m. and 5 p.m. Paul Anka will also be performing on Dec. 11. For information, please call the box office at 781-581-2971.

Also stay tuned for the annual Holiday in the Square, which will feature the Central Square tree lighting, a visit from Santa, ornament making, singing and dancing and holiday shopping.

For many of us, the season is made more meaningful by observance of a religious holiday. So whether you celebrate Hanukkah, Christmas, Kwanzaa, Las Posadas, or any other holiday, here's hoping you have a blessed and fulfilling season.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
11:30 a.m.

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Meets last
Thursday of the
month quarterly

Happy Holidays!



DECEMBER HAPPENINGS

- Weds, Dec 2** **Free Substance Abuse Workshop! Game Room** **9:30 am**
 ~ Community Service Learning Project
 Brought to you by the North Shore Community College Occupational Therapy students
- Weds, Dec 2** **Hearing Clinic** **Resource room** **10 am – 11 am**
- Thurs, Dec 3** **Podiatry Appointments** **10 am – 12 pm**
- Thurs, Dec 3** **Veterans Coffee Hour** **1 pm - 2pm**
- Tues, Dec 8** **Blood Sugar AND Blood Pressure Clinic** **8 am – 9:30 am**
- Thurs, Dec 10** **Birthday Karaoke** **11:30 am – 1:00 pm**
- Thurs, Dec 10** **Ice Cream Social! Friends of LCOA** **\$25** **1pm**
- Mon, Dec 14** **Field Trip: MBTA Senior ID –** **\$2** **9:30 am – 2:30 pm**
 Downtown Boston **Lunch @Wendy's**
- Tues, Dec 15** **LaSalette Shrine, Attleboro Trip-** **\$5** **12:30 pm – 8 pm**
 Lunch on own at Unos
- Weds, Dec 16** **Cookies, Cocoa, and Crafts with Christy! Free!** **12pm – 2pm**
 Relax and do some crafty, mindful activities in a holiday environment
 Cookies homemade by Saugus Care
- Thurs, Dec 17** **Podiatry Appointments** **10 am – 12pm**
- Thurs, Dec 17** **North Shore Songsters Holiday Show** **Free!** **12 noon**
- Fri, Dec 18** **BROWN BAG: BOSTON FOOD BANK sponsored** **10 am – 12pm**

Mon, Dec 21 BINGO BONANZA!!!



1 pm



Bingo sheets sale starts at 11:30 am

first come first serve- \$250 coverall

- Weds, Dec 23** **"The Hospitality Team" Holiday Show** **Free!** **12 noon**
- Fri, Dec 25** **Merry Christmas!** **Center is closed**
- Thurs, Dec 31** **Count down to 2016!** **11:30 am**
 Mock Champagne and appetizers brought to you by
 Jesmond Nursing Home, Dancing and party favors!
- Fri, Jan 1** **Happy New Year!** **Center is closed**

Rod Deland, Proprietor
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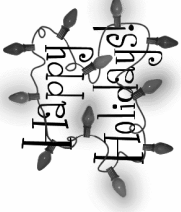
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DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALORIES & SODIUM ARE SHOWN FOR ENTREES AND SIDE DISHES TOTAL CALORIES PER MEAL AVERAGES 700	1 Meatballs/marinara sauce Pasta Soup Calories-323 Sodium-351 ALTERNATIVE Tilapia/cilantro lime rice Calories-276 Sod.-199	2 Roast pork/gravy Sweet potatoes Mixed veg. Calories- 616 Sodium-420 ALTERNATIVE Turkey creole, sweet potatoes Calories-318 Sodium-666	3 Chicken cacciatore Pasta Soup Calories- 385 Sodium-544 ALTERNATIVE Stewed beef,rice,soup Calories-443 Sodium-508	4 Salmon/dill sauce Yellow rice Green beans Calories-310 Sodium-270 ALTERNATIVE Rigatoni/tomato sauce Calories-360 Sodium-400
7 Cheeseburger Potato wedges Ital. blend veg. Calories-523 Sod.-485 ALTERNATIVE Cerdo asado(pork) Potato wedges Calories-696 Sod.-376	8 Roast turkey/gravy Mashed potato Soup Calories-442 Sodium-579 ALTERNATIVE WG macaroni & cheese Soup Calories- 313 Sod.-656	9 Breaded white fish California blend veg. Rice Calories-242 Sodium-122 ALTERNATIVE Arroz con pollo(chicken) California blend vegetables Calories-272 Sod.-370	10 Lemon pepper pork Brown rice & beans Soup Calories-345 Sod.-330 ALTERNATIVE Caribbean style beef Yuca Soup Calories-459 Sod.-166	11 Rosemary chicken Red potatoes Calories-350 Sodium-362 ALTERNATIVE WG cheese pizza Green beans Calories-365 Sodium-622
14 Homestyle baked fish Sweet potato wedges Calories-277 Sodium-291 ALTERNATIVE Egg & cheese sandwich Calories-310 Sod.-510	15 Beef bourguignon Rice Soup Calories-504 Sod.-155 ALTERNATIVE Latin pork/gravy,rice,soup Calories-412 Sod.-144	16 Roast turkey/mushroom sauce Mashed potato Cal. Blend veg. Calories-405 Sod.-589 ALTERNATIVE Brazilian salmon,plantains Calories- 465 Sod.-267	17 HOLIDAY SPECIAL Roast beef/gravy Red potatoes Green beans Wheat roll Cheesecake Calories-489 Sod.-513	18 BBQ pork/gravy Rice and beans Calories-493 Sodium-610 ALTERNATIVE Cheese ravioli,sauce Calories-261 Sodium-689
21 Chicken and broccoli alfredo Pasta Capri blend veg. Calories-478 Sod.-674 ALTERNATIVE *Eggplant parmesan*, pasta Calories-403 Sod.-723	22 Salmon/dill sauce Sweet potatoes Soup Calories-281 Sod.-338 ALTERNATIVE Arroz con carnitas (beef),soup Calories-581 Sod.-196	23 American chop suey Mixed vegetables Calories-383 Sod.-225 ALTERNATIVE Cumin roasted pork,plantains Calories-668 Sod.-381	24 Chicken picatta Garlic mashed potatoes,soup Calories-363 Sod.-653 ALTERNATIVE Dominican turkey,soup Calories-235 Sod.-617	25 HOLIDAY NO MEAL SERVICE
28 Pork chops/gravy Sweet potato Collard greens Calories-663 Sod.-405 ALTERNATIVE Veggie burger,potato wedges Calories-319 Sod.-468	29 Chicken teriyaki Brown rice Stir fry veg. Calories-323 Sod.-534 ALTERNATIVE WG macaroni & cheese,soup Calories-313 Sodium-656	30 Beef stew Green peas Calories-413 Sodium-200 ALTERNATIVE Chicharon frito(pork) Calories-615 Sodium-103	31 Turkey creole Sweet potato Soup Calories-331 Sodium-629 ALTERNATIVE *Baked ham*, soup Calories-313 Sodium-1087	

SENIOR CENTER ACTIVITIES • DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVANTS

CASINO TRIPS

Departs from Lynn Senior Center

Casino Trips from Revere

Foxwoods \$28

7 am - 6:30 pm

Tuesdays:

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package:

\$10 food coupon for retail food vendors or free buffet

Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.

Remember to bring your rewards card!

**Tanger Outlets at Foxwoods
Now Open!!**



Mohegan Sun \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Dec. 8 & 22

Twin River \$27 *plus tip*

10 am depart Revere
6:30pm depart casino

Dec. 3, 17 & 31



Now Express!! Straight run - no stops!

Call Ida at 781-289-1854 for reservation, questions, and pick up location/parking.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Dec 2 nd	Elf	2003	PG	95 mins
Dec 9 th	No Movie Today	Holiday Party		
Dec 16 th	Miracle on 34 th Street	1947	NR	96 mins
Dec 23 rd	The Santa Clause	1994	PG	97 mins
Dec 30 th	An Affair to Remember	1957	NR	97 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



Senior Citizen Property Tax Work-Off Abatement

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 66.66 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually

Holiday Fun!

*****Warning: Holiday events bring on contagious fun and laughter with bouts of joy that may cause side affect of general happiness and uplifted spirits*****

- | | | |
|-----------------------------------|---|---------------------------------------|
| Thurs, Dec 3 rd | Birthday Karaoke- Christmas sing along theme | 11:30 am – 1pm |
| Weds, Dec 9th | Annual Holiday Party | 11 am – 2pm |
| | Tickets available starting Nov 16 th \$5 per person | |
| | limited availability | Stand by seating available the day of |
| | Doors open at 10 am | meal served promptly at 11 am |
| Thurs, Dec 10th | Hot Fudge Sundae Social \$.25 | 1 pm |
| Tues, Dec 15th | LaSalette Shrine, Attleboro Trip -\$5 lunch on own at Unos - | 12:30 pm – 8 pm |
| Weds, Dec 16th | Cookies, Cocoa, and Crafts with Christy! Free! | 12pm – 2pm |
| | Relax and do some crafty, mindful activities in a holiday environment | |
| Thurs, Dec 17th | North Shore Songsters Holiday Show Free! | 12 noon |
| Mon, Dec 21st | Holiday Bingo Bonanza!! \$11 - | |
| | 12 games 6 paper cards only Big prizes! | |
| Weds, Dec 23rd | "The Hospitality Team" Holiday Show Free! | 12 noon |
| | 12 yr old, Cecilia and 14 yr old, Ezekial, brother and sister duo from Lynn | |
| | come to you in the spirit of the season to entertain you with their musical talent! | |
| Thurs, Dec 31st | Count down to 2016! | 11:30 am |
| | Mock Champagne and appetizers brought to you by | |
| | Jesmond Nursing Home, Dancing and party favors! | |



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Place Your Ad

Wellness Watch December 2015

It is that time of the year again to start preparing for flu season. Many clinics are providing flu shots already in attempts to help people prevent getting infected. What exactly is the flu? The flu, or influenza, is a contagious virus that affects the nose, throat and lungs.

Signs and symptoms of the flu include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

It can be passed through the air by water droplets from those infected who cough or sneeze. It is possible for someone to catch the flu by touching a surface where water droplets have landed and then touching their own mouth, nose or eyes, however this is less common. A person is contagious, before symptoms appear as well as during the period of sickness. The period of contagiousness begins one day before symptoms develop and up to five to seven days after becoming sick.

The flu is impossible to predict year to year, but it is important to know the risks. People in high risk categories include: older people, young children, pregnant women and people with certain health conditions such as asthma, diabetes or heart disease. Over the past thirty years the amounts of flu-associated deaths in the US range from 3,000 to 49,000 people. The flu can often progress into more serious health issues. These include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes.

According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get a flu vaccine each season. The traditional flu vaccine is made to protect the body against three different flu viruses. There are also vaccines made to protect against four different types of flu viruses. Vaccines are currently available and are recommended to be taken at least two weeks before peak season, which can be as early as January.

For more information visit www.cdc.gov/flu

Kelsey Spotts - Healthy Living Program Community Coordinator

The Kiosk for Living Well

Hold Onto Your Health Through the Holidays!

Many of us want to eat more, maybe drink more and revise our rules during the holidays. Come to *The Kiosk for Living Well* this December to help maintain your balance in both mind and body. We're open twice a week!

On Tuesday **December 8th** and Thursday **December 24th** from 9:30-11:30am, you can get your blood pressure checked by our Nurse Brenda or Yasmel and Johanna our Community Health Workers. They can help you monitor your heart health, your blood pressure and your diet. **If you want to maintain or strengthen your balance and mobility**, our Falls Prevention specialist Sylvia will be at the Kiosk Thursday December 3rd from 9:00-11:30am. Add a little fun to the mix at the Kiosk by doing some holiday trivia on our touchscreen computer with Sandra or Mayra!

The Kiosk is open every Tuesday and Thursday from 10:00am – Noon.

***Supervised Kiosk exercise classes also take place every
Tuesday and Wednesday from 12:30 to 1:30pm.***

Christmas

E N A C Y D N A C H T A E R W S S
 T H I S S N O I T A R O C E D H Y
 E G G N O G M E H E L H T E B E O
 G I F T S F R U I T C A K E T P T
 R E G N A M H F R I E N D S F H S
 S L T R E E I E C S C S R R S E E
 T S H N E G A S A A E A A A T R J
 H A R A S E N N T L N N R A T D E
 G I E G S E T I C L K D K O G S S
 I T E G L A K I K I E S L O L T U
 L T W O B E C A N C O T L E N S S
 F E I B E I I C L G O D O E S N J
 A S S O L L E R A F C T M E M O O
 M N E T L N B N B N W A S Y A W S
 I I M T S O G A B A N O R E R M E
 L O E E J E O L T R G R N D Y A P
 Y P N Y L L O H O S H L Y S S N H



ANGEL
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 CANDLES
 CANDY CANE
 CAROLS
 DECORATIONS
 EGGNOG
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 FRANKINCENSE
 FRIENDS

FRUITCAKE
 GABRIEL
 GIFTS
 GOLD
 GREETING CARDS
 HOLLY
 ICICLES
 JESUS
 JOSEPH
 LIGHTS

MANGER
 MARY
 MISTLETOE
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 ORNAMENTS
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SNOWFLAKES
 SNOWMAN
 STABLE
 STAR
 STOCKING
 THREE WISE MEN
 TOBOGGAN
 TOYS
 TREE
 WREATH

COMPUTER CLASS NOTICE

*** Computer classes will resume March 2nd after the snow season. ***

Thank you!

The **FRIENDS OF LCOA** would like to thank the following local sponsors who helped support our "Pull-a-Pop" Fundraiser in November.

It was a huge success solely on part because of your generosity!

Please patronize these businesses...

Abbott House

All Care VNA Home Care Services and Hospice

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*Thank
You*

This list includes all sponsors as of November 6th.

January's newsletter will list any sponsors who donated after this date.

Medicare's Open Enrollment

Medicare's Open Enrollment is October 15 – December 7. Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2016. During Medicare's Open Enrollment, you will have a chance to change your plan for next year.

SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To make an appointment with the SHINE counselor here, please call 781-599-0110.

You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In loving memory of Mike Gauvain
~ Gail Gauvain

In loving memory of Melvina Pelletier
~ Florence Henderson

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

December 8th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST



December 3rd & 17th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

HEARING CLINIC

December 2nd

10:00 am—11:00 am



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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